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Many pedestrians seemed confused about who was allowed to use the elevators in the skywalks. BBMP clarified that the elevators, can be used by anyone and not just senior citizens and disabled people

It's a long way to the top, if you want to skywalk

Pedestrians find using skywalk near Madiwala Police Station exhausting, prefer using zebra crossing

Melvin Mathew
c-melvin.mathew
@timesgroup.com

TWEETS @BangaloreMIRROR

The skywalk near Madiwala Police Station sees low users even after a year of its construction. Pedestrians continue to use the zebra crossing near the skywalk or risk their lives jaywalking on NH48.

Bangalore Mirror spoke to a few pedestrians to understand their reluctance to use the skywalk. They said using the skywalk was exhausting and difficult.

The skywalks allow pedestrians to cross the road without the risk of having to wait for signals to turn green. But people continue to wait at signals rather than using the skywalk.

Daniel Jacob, a resident of Electronic City, said, "Ideally, skywalks should be easier to walk, but it can be tiresome.

> **People find it easier to jay-walk and risk their lives rather than climbing up and climbing down the skywalk**
>
> –Police officer

You have to climb the stairs and reach the other side. Crossing the roads is much more straightforward. There is also the fear of the facilities like lift not working. It's also not clear whether the lifts are only meant for disabled people as is the norm in other places." Akshita, a student of Maharani Cluster University, said, "After college, I am tired, and I feel that waiting for college is better. I can just rest while waiting and cross the road when the signal turns red. But during the rainy season, the skywalk is an added advantage of being able to walk under a cover".

Since most cited exhaustion as a reason for not using the skywalk, Bangalore Mirror visited the spot, and the elevators were functioning. The zebra crossing, located right next to the skywalk, might also be one reason for low users for the skywalk.

A regular commuter on the stretch, Govardhan Murthy, complained that people continue to use the zebra crossing and traffic cops stop vehicles for their passage. "Despite the skywalk, vehicles are stopped. What is the point of investing so much money in its construction, if it's not used," he added.

"Despite repeated awareness, people continue to ignore the facility. Senior citizens complain that they cannot climb the stairs. Mostly educated people are using it while the locals avoid it. BBMP should conduct awareness about how to use a skywalk. After our regular awareness, we have seen a small uptick," said Pradeep, constable, Madiwala Traffic Police.

Bangalore Mirror has been reporting on similar occurrences in the past and about the poor maintenance of the skywalks

Narayanappa C, Sub-Inspector of Madiwala Traffic Police Station, said, "Since morning, we spread awareness about accident possibilities using loudspeakers. We ask them to use the skywalk instead of crossing the road. With proximity to the zebra-crossing, people question the purpose of using the skywalk. Vehicles are halted for 5-10 mins for pedestrians to cross alone. After spending crores of rupees for the skywalk, it's not being used effectively by pedestrians. This stretch sees a lot of heavy vehicle traffic from 8 am to as late as 11 am."

"BBMP should consider deputing an operator for the lifts. On many occasions, it is either not working or users, especially children, don't know how to use it. There was a case of children getting stuck in the lift, and we had to force the lift-door open."

However, BBMP says that the problem lies in rampant jaywalking. "People find it easier to jay-walk and risk their lives rather than climbing up and climbing down the skywalk. We have also provided lifts, but people have apprehensions that the lifts. We have deputed home guards 24X7 hours for the security of the pedestrians. Media reports about the safety of skywalks are also creating a negative image about skywalks," said BS Prahalad, BBMP Chief Engineer (Road and Infrastructure). He also clarified that lifts were meant to be used by everyone, not just senior citizens and disabled people.

Seniors despair without rail concessions

Centre clarifies there is no plan to extend concession in tickets

Sridhar.Vivan@timesgroup.com

TWEETS @sridharVMIRROR

With easing covid norms, many senior citizens have started to travel, especially to pilgrim places. For the past two years, due to the covid pandemic, most of them could not travel. With the ongoing Chardham and Amarnath yatras, many depend on trains to reach their destinations. However, despite demands, the railways have again clarified that it is in no mood to extend the senior citizens' concession in railway tickets.

On Wednesday, Union Railways Minister Ashwini Vaishnaw clarified that the cost of granting concessions weighs heavily on the railways. Hence, there is no plan of extending concessions to any category of passengers, including senior citizens.

"The passenger fare in most of the classes is very low. The passenger segment over Indian Railways has suffered a recurring loss due to low fares and concessions to different categories of passengers. Indian Railways is already bearing more than 50 per cent of the cost of travel on average for all passengers including senior citizens on account of the lower fare structure for passenger services. Apart from this, due to covid-19, passenger earnings for the last two years are less in comparison to 2019- 2020. These have a long-term impact on the financial health of the railways. Despite these challenges, Indian Railways has continued concession in fare to four categories of persons with disabilities, 11 categories of patients and students," the Minister argued.

> **50 per cent concession in train ticket could be the only option for people like us to travel and explore**
>
> – Gopalaiah, senior citizen

The number of senior citizen passengers travelling in reserved classes during 2019-20, 2020-21 and 2021-22 is 6.18 crore, 1.90 crores and 5.55 crore, respectively. A decreased number of senior citizen passengers during the year 2020-21 and 2021-22 may be because of the pandemic.

The Minister claimed that Rs 1,636 crore in 2018-19 and Rs 1,667 crore in 2019-20 have been lost in revenue due to concessions. "Apart from this during 2019-20, 22.62 lakh senior citizen passengers had opted to give up the concession scheme in passenger fare and gave up concessions for the sustained development of railways with better facilities," Vaishnaw claimed in a written reply in Lok Sabha.

However, the senior citizens are not happy with the move. "My wife and I are planning to go for a pilgrimage. As we cannot afford flight tickets, we are planning to travel by train. I request the government to restart the concessions as many are not well-to-do, and 50 per cent concession in train tickets could be the only option for people like us to travel and explore," said K Gopalaiah, a senior citizen.

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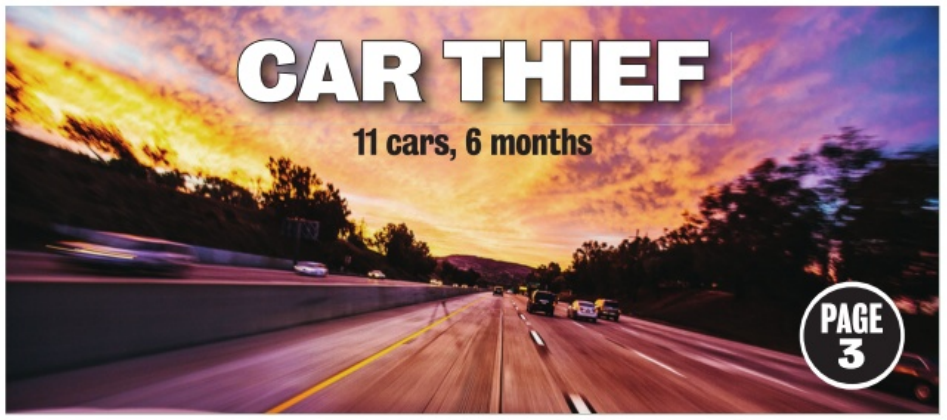


44 outsourced 'teachers' not qualified to continue work at civic body-run high schools and pre-university colleges, says BBMP directive

MASTER STROKE

8 lecturers, 1 teacher set to lose job in Cleveland Town

| Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike chief commissioner issued a directive on July 16. If the said directive is to be followed in letter and spirit, 24 teachers and 20 lecturers working at BBMP High Schools and Colleges may lose their jobs.

According to the order, the 44 individuals in question are not qualified to continue teaching at civic body-run high schools and colleges.

The services of the teachers and lecturers in question were outsourced by the BBMP through a firm of the name Crystal Infosystem and Services.

On July 14, the BBMP had directed Crystal Infosystem and Services to submit the data on educational qualifications of the outsourced teachers and lecturers.

"As per the data provided by you, 44 teachers and lecturers are not qualified to work at high schools and pre-university colleges. You have to remove these teachers and lecturers on or before July 21 and recruit suitable candidates to fill up the vacancies. If you fail to do so, the work order issued to you will be

CONTINUED ON PAGE 4 »

> **"...remove these teachers and lecturers on or before July 21 and recruit suitable candidates... If you fail to do so... a criminal case will be registered against you**
>
> — BBMP chief commissioner's letter to outsourcing firm

B'luru girl at Everest base camp

7-year-old Aadya trekked 65-km in 8 days to reach EBC (at 5,364 m) on June 24

| Sridhar.Vivan@timesgroup.com
TWEETS @sridharVMIRROR

Trekking to Everest Base Camp (EBC) is quite a challenge to even regular trekkers. Braving all difficulties, a seven-year-old Bengaluru girl reached EBC recently, becoming one of the youngest Indians to achieve the feat. Aadya trekked 65-km treacherous terrain in eight days and waved the Indian Flag at 5,364 m at EBC, 3:15 pm (Nepal time) on June 24, along with her father, Harsha Bennur.

Aadya is passionate about keeping the planet clean. She collected litter everyday along her trail and helped keep the mountain clean.

It was the lockdown period which motivated Aadya Bennur, third grade student at a Jakkur school. Aadya used her lockdown time to become a fitness enthusiast. "We need just 5x5-ft space to do an entire workout. I was doing high intensity interval training within the house. Once the lockdown eased, we went cycling covering over 15+ km a day. I also learnt lawn tennis since that was the only sport we could play while maintaining social distance," Aadya said.

Harsha Bennur who works as head of marketing in an MNC said, "EBC was

CONTINUED ON PAGE 4 »

3 THINGS TO DO

01 Tryst with nature

Green Panther, a venture connecting kids with nature is hosting an engaging workshop for kids on natural journaling and nature activities, as well as a contest to inspire more youngsters to take up nature journaling. Green Panther has designed an activity-based Nature Journal for kids aged 5 to 12 years old that is jam-packed with creative prompts, nature art, colouring pages, and easy-to-fill-in record/observation sheets.
Where: Bangalore Creative Circus, Yeshwantpur Industrial Suburb; When: July 23, 11:30 am – 1:30 pm; Register: 9727582092/ 8296105847

02 Clay-ed!

Come and experience the joy of working with clay in a fun and relaxed environment. You will gain an understanding of how to form shapes through hand building without the use of tools or machines. This workshop will focus on making articles using a specific technique which is perfect for beginners. Let your creative side emerge as you roll, pinch and shape clay. You will be guided on how to turn the basic forms into a decorative or functional piece. **Where: Bangalore Creative Circus, Yeshwantpur Industrial Suburb**
When: July 24, 11am – 1pm
Register: 9727582092/ 8296105847

03 An act to remember

This week, Ranga Shankara is putting up 'Aurat! Aurat!! Aurat!!!'. An all-female cast brings to life four essays by Ismat Chughtai on her perennial preoccupations: the subjugation and resilience of women through the ages, the toxic masculinity that poisons society and irreverence toward self-appointed custodians of the faith.
Where: Ranga Shankara
When: July 21, 7.30 pm
Tickets: BookMyShow and box office

A sick feeling: Mercury drops and ILI cases rise

Rapid Antigen Test (RAT) will confirm infection; elderly, pregnant women and children most at risk say health experts

Garima Prasher
c-garima.prasher
@timesgroup.com
TWEETS @BangaloreMIRROR

City doctors are on their toes as the number of Influenza-Like Illness (ILI) cases is starting to rise. More and more people are reaching out to the hospitals with symptoms such as a sudden onset of fever, dry cough, headache, muscle and joint pain, severe malaise, sore throat and a runny nose.

"In the last two to three weeks there has been over 50 per cent rise in influenza cases and the symptoms are much more prolonged and severe. On average, we are seeing around 40 patients every day. Around five to six patients are also being admitted," said Dr Mahesh Kumar, internal medicine consultant of Narayana Health City.

Erratic monsoon has led to a drop in temperature, which according to the doctors, is the main reason behind these cases. According to the hospitals, most of the admissions are that of senior citizens with heart conditions and diabetes due to a drop in the oxygen level.

"With age, the elderly is more prone to developing neurological issues where their upper airway reflexes slow down which leads to aspiration pneumonia. Most patients with AP, particularly the elderly, have dysphagia and difficulty with oral intake leading to malnutrition. Repeated aspiration can lead to repeated lung infections and pneumonia," said Dr Pavan Yadav, pulmonologist and lung transplantation consultant, Aster RV Hospital.

While most ILI cases are recovering from fever and other symptoms within a week without hospitalisation, experts say the symptoms can be very severe in people at high risk such as young children, older adults, pregnant women and people with chronic disease or weak immune systems.

People are reaching out to the hospitals with symptoms such as a sudden onset of fever, dry cough, headache, muscle and joint pain, severe malaise, sore throat and a runny nose. Usually, the symptoms can last two or more weeks.

"Since the symptoms are similar to that of Covid, we usually recommend a rapid antigen test to confirm. All adults and children must take the influenza vaccine, although this is primarily treated with rest and proper fluid intake. An annual flu vaccine can help prevent the flu and limit its complications. Since the virus is airborne and spread through coughs or sneezes, it is advisable to avoid close contact with the infected or suspected person," said Dr Brunda MS, internal medicine consultant, Aster CMI Hospital.

A Rapid Antigen Test (RAT) is the most effective way to confirm if someone has been infected with ILI

While the illness is seasonal, doctors are advising people to wear masks and avoid taking antibiotics unless prescribed by healthcare experts.

Wearing a mask in crowded places and when meeting someone ill is a good choice. Also, taking a vaccine for infections such as pneumococcal and influenza disease may help in reducing the severity.

> **"Since the virus is airborne, it is advisable to avoid close contact with the infected person**
> – Dr Brunda MS, internal medicine consultant, Aster CMI Hospital

"We must also keep in mind that most of these infections are caused by a virus, hence giving an antibiotic should be avoided. The overuse of antibiotics may lead to the antibiotic-resistant," said Dr Neha Mishra, infectious diseases consultant, Manipal hospital.

Some question marks as COMED-K counselling starts

Saumyangi Yadav
c-saumyangi.yadav@timesgroup.com
TWEETS @BangaloreMIRROR

The Consortium of Medical, Engineering and Dental Colleges of Karnataka (COMED-K) has decided to start the process of counselling and document verification soon. However, the students are in a state of confusion as the results of the Karnataka Com on Entrance Test (KCET) are not out yet.

"COMED-K and KCET should coordinate before releasing the schedule for counselling. KCET results are not out yet. If someone is getting a government seat, why would they sit for COMED-K counselling?" said Sharanu H, a student.

COMED-K counselling requires the students to pay Rs 2,000 as a non-refundable registration fee. Apart from that, if any student wishes to cancel their seat, the entire tuition fee will be refunded, according to S Kumar, Executive Secretary, COMEDK.

However, there is a specific 'surrender period' after which if the student decides to leave the seat, they will have to forfeit their entire tuition fee. "COMED-K has never exploited the students and will not do so in the future. If a student wants to give up their seat when they get a seat in a government college, 100 per cent tuition fee will be refunded... There is a nominal registration fee for the counselling process," Kumar said.

Last date to register for counselling is Aug 12 according to official website (file)

Karnataka Examination Authority (KEA), on the other hand, has announced that the KCET 2022 results will be announced only after CBSE Class 12 Term 2 and ICSE results are declared. "COMED-K does not take CBSE or any other boards' marks into consideration for admissions. The students just need to score certain marks to be qualified for the counselling but the colleges are allotted on the basis of the score in the COMED-K examination only," the executive secretary added.

He also added that though COMED-K is beginning the process earlier, they would not close it anytime soon. "We are aware that students from CBSE board also need to be accommodated. So, the counselling process will continue till their results are out."

Currently, on the official COMED-K website, the last date to register for the counselling process is August 12. However, as per the official note released by the authorities, the actual counselling dates would be confirmed once the seats and the fee structure is decided between the government and the Karnataka Unaided Private Engineering Colleges Association (KUPECA), besides the announcement of CBSE results.

The crafty car thief

Smooth operator manages to learn craft of opening cars without even a touch, steals 11 cars in 6 months

Bellie.Thomas
@timesgroup.com
TWEETS @Bellie_MIRROR

Thief was counting on the fact that many people who buy used cars don't bother to get the registration done

A traffic cop's eye for detail has led the police to a serial car thief. The cop from HSR station had flagged down a bike and when he compared the chassis number in the Registration Certificates (RC) with that on the bike, he saw that both were different. The rider Arun Kumar was picked up for questioning. Here Kumar revealed that this was not the only stolen vehicle he has handled — in fact Kumar confessed that he was a car thief.

He said he would steal cars using a software-loaded instrument used by mechanics at workshops. The cops learnt that the thief had stolen 11 cars over six to seven months from in and around Bengaluru. Kumar, a resident of Devarbeesanahalli, hails from Mulbagal in Kolar.

Lone wolf

"Arun Kumar operated alone and did not share his modus operandi with anyone. He was using a software-loaded instrument called the X-tool auto-diagnostic tool which works on two specific models of a car manufacturer," said Sudhir Hegde, Assistant Commissioner of Police (ACP) Madiwala subdivision. Kumar is a B.Com graduate from a reputed college on Hosur Road, police said, adding that he was not going for a regular job.

"He owns a car of one of these models. He started watching videos online to check how to deactivate the system and get access into the car if the keys were lost or the doors were jammed or the software in the car had a glitch. He bought the instrument online and tried on his own vehicle and it successfully opened and the ignition started. It was a breakthrough for him and then he began to steal cars," said Hegde.

So far, he has stolen two of one of the models and nine of the other, of which seven were from Bengaluru and the others from the outskirts. "He would then fix a fake registration plate, fabricate a registration book and drive it to Tamil Nadu's Hosur or Chennai or Namakkal, or Thirvannamalai, where he would sell the car at throw-away prices such as Rs 3-4 lakh," Hegde added. Now that police have recovered the stolen cars, one of the victims was even ready to return the insurance he had claimed, to get his car back.

"Fixing fake registration plates on the stolen cars and fabricating fake RC was a cakewalk for Kumar as he knew that several owners of used cars, would not update their ownership details with the RTOs to save registration fees. There is no clarity on ownership of such vehicles, and this work well for Kumar," Hegde said.

Spill the beans

His run ended rather abruptly when he was caught on the bike. When he was grilled, he told the police it was a stolen bike he had bought. He was thoroughly interrogated, when he spilled the beans that he operated as a car thief. He told the cops that if he had worked with an accomplice, he would have gotten arrested earlier.

ACP Hegde and his investigating officials were also given a demo by Kumar as to how he opened up a locked car parked in front of the police station and the cops were astonished as to how the car opened without even a touch, using the instrument. The HSR Layout police have taken up a case and have recovered all the cars, and Kumar has been remanded to judicial custody, said a senior police officer.

Lie-detector test: Amrit Paul says no

A DGP Amrit Paul, arrested in connection with the Police sub-inspector recruitment scandal, has refused to undergo a lie-detector test, sources in Criminal Investigation Department (CID) said on Wednesday.

Opposition Congress leaders Siddaramaiah and DK Shivakumar had vehemently demanded a lie-detector test for Paul saying it would help in bringing out his nexus with top leaders of the ruling BJP.

CID had sought court permission for the test on him. However, Paul told investigators that he will not agree for the test and that his counsel has made submissions in this regard to the court.

The arrested DGP had threatened his subordinates who had given out his name and role in the PSI recruitment scandal, the sources said. The CID has also brought this matter to the knowledge of the court and objected to allowing his bail petition. The intelligence wing of the state government also fears that his release would lead to destruction of evidence.

The investigating officers have also sent Amrit Paul's cellphone to the Forensic Science Laboratory (FSL) to retrieve the data. The investigating officers are expecting crucial information in connection with the scandal once the data is retrieved. —IANS

Ayushman health cards for newspaper vendors

From Timesgroup, Vijay Karnataka and Bangalore Mirror had organised a camp to facilitate newspaper vendors and their family members to register and obtain Ayushmaan Health Cards (with limit of Rs 5 lakh as medical insurance per family). This welfare initiative has been organised in Tumakuru, Hubballi, Dharwad and parts of Bengaluru, but there are plans to organise more such camps with the support from Government Health Department. —BMB

Drug case: Police to summon Siddhanth again, say sources

FILE PHOTO

Karnataka police, which is investigating the drugs case involving actor Shakti Kapoor's son Siddhanth Kapoor, will summon him for further inquiry, according to police sources.

Siddhanth, who is also Bollywood actress Shraddha Kapoor's brother, will be asked to appear before police for further inquiry in a week, say police. The notice will be sent on WhatsApp as well as through a register post, police sources said on Wednesday.

Police explain that he will be interrogated on his earlier statement that his drink was drugged and he didn't know anything about it.

Karnataka police have arrested Siddhanth Kapoor in connection with consumption of drugs in Bengaluru in June. He was arrested while partying at a five-star hotel in the limits of Halasuru police station in the wee hours. The police, after getting a lead, conducted a surprise raid and took 35 persons into custody.

A 25-member police team had conducted raids and taken Siddhanth Kapoor and others into custody. Medical tests had confirmed the consumption of drugs by Siddhanth Kapoor and the police have released on station bail after arresting him.

During the inquiry, he had said that someone had given him water and cigarettes laced with drugs. IANS

This underpass needs a facelift

Popular underpass near Lingarajapuram has issues from flooding to faded paint

Iffath Fathima
iffath.fathima
@timesgroup.com

TWEETS @BangaloreMirror

One of the most frequently used underpasses near the Lingarajapuram flyover has been lying in a dilapidated condition for years, and the authorities have done nothing to maintain it. Many commuters who use this stretch everyday complained about the pathetic condition of the underpass.

The Lingarajapuram flyover goes towards Frazer Town in one direction and HRBR, HBR, and Airport Road in the other. Just below the flyover is a crossroad going towards Hutchins Road and Pillanna Garden. There is also an underpass which leads to Lingarajapuram on one direction and Frazer Town, Hutchins Road, and Pillana Garden on the other direction.

The flyover is said to be used by thousands of commuters daily. School children in autos and two-wheelers, and people on scooters, bikes, cars, and minivans use this route very often. The narrow underpass results in a huge traffic pile up. During the peak hours, from 5pm-9pm, it gets even worse, and people have to be stuck for long hours. When one is stuck for that long, they are forced to be in the presence of the ill-maintained underpass, which is an eyesore.

The popular underpass has been ill-maintained for years and authorities have done nothing to improve its condition

> **The drain is overflowing, and due to the rains, the underpass is always flooded**
>
> – Altaf Ahmed, resident

Residents of the area complained that during rains, water and other sewage keeps dripping from above, making it a horrible experience for those going through the underpass. The drain cover in the underpass is also broken, and the metal girders are popping-out of the drain, nearly hitting many vehicles, they added.

A resident of Lingarajapuram, Altaf Ahmed, said, "It is damaging the vehicles and tyres are getting stuck in the drain cover, leading to chaos in both directions. The drain is overflowing, and due to the rains, the underpass is always flooded, adding to the difficulty of commuters."

Residents also added that the underpass is not well lit.

"The underpass is not even lit with proper LED lighting which can provide more safety to the passers-by and vehicles. Both roads from both directions leading to the underpass needs a makeover. It is an everyday problem for the local commuters. We see BBMP rectifying many underpasses during the monsoon. This underpass should have been considered too. Immediate intervention should be carried out," said another resident.

People also pointed out that the underpass is in dire need of repainting. When BM tried contacting BBMP officials, they remained unresponsive.

Outsourced faculty not qualified

CONTINUED FROM PAGE 1

cancelled and a criminal case will be registered against you," BBMP chief commissioner said in the letter addressed to Crystal Infosystem and Services.

Among BBMP-run schools and colleges, the PU College at Cleveland Town near Frazer Town will be worst affected if the civic body goes ahead and removes teachers and lecturers who are not qualified to take classes for students.

Eight lecturers and one teacher are set to lose their jobs at the PU College; this will no doubt cause a lot of inconvenience and hardship to the students.

"We do not know when the outsourcing agency will fill up vacancies. We also do not know whether those selected for teaching can aptly teach and guide our students. We have to conduct tests for the students next month. How are we to complete the portions in the syllabus if there is a delay in filling the vacancies?' wondered a teacher on the condition of anonymity.

C Sampath, one of the benefactors, demanded the BBMP chief commissioner to allow the existing teachers and lecturers to continue teaching at the BBMP High School and PU College at Cleveland Town. He said it would be difficult for the students to adapt to the new teachers.

"All these years, Cleveland Town school and PU college have been known for good results. Our honourable MLA felicitated students who got good marks in SSLC and PU exams with cash prizes," said Sampath.

When contacted, Pulakeshinagar MLA Akhanda Srinivas Murthy said he spoke to the BBMP chief commissioner to allow the teachers and lecturers to continue teaching at the high school and PU college at Cleveland Town.

"The BBMP chief commissioner has agreed to give six months for these teachers and lecturers to do the B Ed course," he said.

Meanwhile, Vijayakumar, director of Crystal Infosystems and Services said that he would request the BBMP chief commissioner to give some time for these teachers and lecturers to do B Ed.

City 7-year-old at Everest base camp

CONTINUED FROM PAGE 1

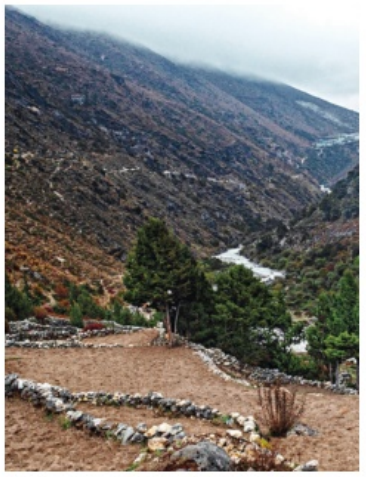
planned less than a month before we left for Nepal. We were able to bring her to prime fitness because she was already fit for a seven-year old.

Aadya said her father had trekked to EBC in 2017: "Since I was four-year old, I grew up hearing my dad's stories about how he scaled Mount Kilimanjaro and Mount Elbrus. When my dad asked me if I wanted to accompany him to EBC, I readily agreed. I used to do long walks, climbing stairs – around 100 floors every day, swimming, running, etc."

There are two trek routes to EBC; most Indians prefer to travel via Nepal.

Aadya said the last day of the trek was quite challenging from Gorakshep to EBC. "There are very large boulders which makes it difficult. The ground underneath is not very stable because we are on a glacier. There are lots of loose rocks which are very slippery. A few days during the trek was quite challenging, especially to be mentally engaged. The combination of low oxygen at high altitudes and steep inclines can be very demanding. Hence, my dad and I would sing songs (as I am a huge K-pop music fan); play a quiz about the mountains, and my dad would narrate stories about the mountains to keep me engaged. The occasional chocolate was a good motivating factor."

Harish said, "Personally, most days were tough for me because I was worried about Aadya. I was conscious that very few children of her age have attempted something like this. I would walk behind her monitoring her constantly. While many suffer from high altitude sickness, Aadya was lucky to have minimal difficulty because of her high fitness."



The trekking route to the Everest base camp

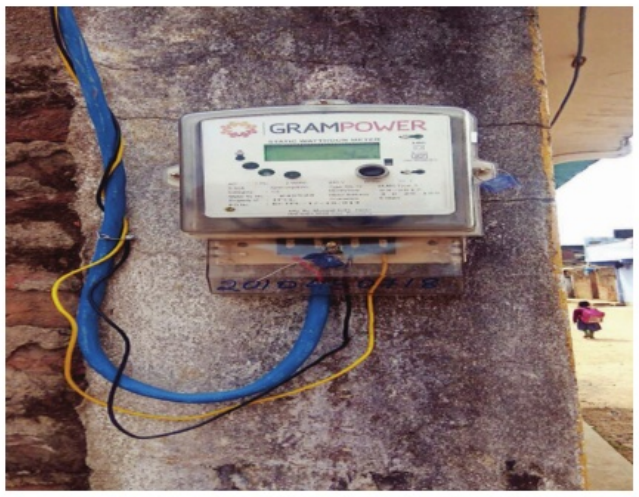
Aadya said her dream came true when she had the first glimpse of Mount Everest from Dingboche. "I was awestruck by the sheer size of the mountain. I had a thought about why I should stop at EBC and why can't I walk more to climb a few more days to reach the Mount Everest summit. However, only after reaching EBC and some pep talk from my father, I realised that the Mount Everest summit was indeed for some other day."

Trek to EBC was in fact a number of lessons for Aadya, outside school: "From adapting to new food, uncomfortable beds and not-so-clean bathrooms, life is a challenging experience. Yet, I learnt how to be mentally strong. In the mountains, mental strength is more important than physical strength. The path to a big goal is paved by small steps. The way to ascend is to take small steps without giving up. After thousands of small steps over eight days, I was able to reach EBC," she said.

According to her father, right now she is rejoicing at the fact that she successfully reached Everest Base Camp. "We are considering more challenging treks in the Himalayas next year. We are considering Island Peak for her next peak. This involves technical climbing and is not a regular trek," he said.

Smart meters: This time for sure?

Smart meters aim to save electricity by providing frequent power consumption details to users



Smart meters are electronic devices that record information and display the same to consumers

Iffath Fathima
iffath.fathima
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TWEETS @BangaloreMirror

After repeated delays, the Bangalore Electricity Supply Company (BESCOM) looks like they are finally getting ready to roll out smart meters.

The project is said to start in the next two months with the new meters being installed in households and establishments.

The smart meter plan had been in its 'planning stage' for a long time.

The agency plans to commence work at either Indiranagar, Malleshwaram, or HSR Layout. A decision will be made shortly on which area makes the cut.

Unlike traditional electricity meters, which are analogue in nature and not great for obtaining a lot of information, the smart meter is an electronic device that records information and displays it to the consumer.

The smart metre records details such as consumption of electric energy, current, and power factor. It also helps in monitoring purposes and customer billing.

Sreenath, Deputy General Manager, Smart Grid said, " The smart meters will help citizens track the amount of electricity being consumed. They can check if they have used more electricity and use it accordingly. It also helps in reducing the power loss. Even if citizens face a power cut, the BESCOM team would get to know and can rectify it remotely. The consumers will not have to lodge complaints with customer care."

> **Even if citizens face a power cut, the BESCOM team would get to know and can rectify it remotely. Consumers will not have to lodge complaints**
>
> – Sreenath, Smart Grid

BESCOM officials pointed out that tenders would be called upon for the pilot project, and once the company is finalised, they will take off the pilot project in houses, commercial establishments, or shops.

Smart meters typically record energy near real-time, and report regularly, with short intervals throughout the day. They enable two-way communication between the meter and the central system.

PAGE 7

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A very eggciting menu, but is it really enough?

Mid-day meals for Classes 1-8 in government schools to have eggs for 46 days a year

Saumyangi Yadav
c-saumyangi.yadav@timesgroup.com
TWEETS @BangaloreMIRROR

The state government has decided to extend the distribution of eggs from classes 1 to 8 at government schools in all districts, according to an official order released on Wednesday.

The process was started in eight districts under the centrally sponsored Pradhan Mantri Poshan Shakti Nirman scheme to distribute eggs, chikki, or bananas for 46 days in an academic year. Currently, the scheme is operational in these eight districts on a fund-sharing basis by both central and state governments. However, for the rest of the districts, the scheme will be funded by only the state.

The decision was taken after the nutritional levels of children showed improvement in the districts where eggs and chikki were being distributed. However, activists feel that 46 days in an academic year is not enough for improving the nutrition of a child.

"This does not help with the nutrition value as such. Eggs should be provided to the children at least twice a week or every alternate day. Eggs are a very important and irreplaceable source of nutrition for children's physical and mental health," Nagasimha G Rao, child rights activist and director of Child Rights Trust, said.

Recently, a study conducted by the Karnataka State Rural Development and Panchayat Raj University also found that although foods like bananas might help with Body Mass Index in children, it does not provide the same amount of protein and nutrition as eggs. Experts have suggested that dairy products or nuts might be a better source of nutrition than bananas for vegetarian students.

Health experts say that despite eggs being the most concentrated form of protein for children, there are some vegetarian alternatives too.

"There are pulses, legumes, soybean, and dairy products like paneer that can be provided to children frequently in place of eggs. Good proteins should be provided to children for better growth and development," said Mounika Reddy, a pediatrician.

The inclusion of eggs in mid-day meals for children has been a controversial topic in Karnataka lately. A position paper by an expert panel in Karnataka, recently drafted under National Education Policy 2020, claimed that regular consumption of eggs and meat leads to lifestyle disorders in Indians.

"... Lifestyle disorders like diabetes, early menarche, and primary infertility in India are escalating, and studies conducted across the countries suggest that animal-based foods interfere with hormonal functions in humans," the paper said.

The 'Position Paper on Health and Wellbeing' received a lot of fire from parents and health experts, and was termed 'misguided and unscientific'.

personal

CHANGE OF NAME

I, CHUNDURI LAVANYA, W/o, Yenuganti Harish Babu residing at No. 28, 2nd Cross, 1st Main Road, Vinayaka Layout, Shanthipura, E-city Phase -2, Bangalore 560100 have changed my name to YENUGANTI LAVANYA vide affidavit dated 20/07/2022 sworn before notary B V Nagabhushana, Bangalore.

I, MANISH RAMESHRAO PANDE, S/o, Rameshrao, R/a, #413, Cardona East Terrazo, La Palazzo Residences, Outer Ring Road, Sarjapur Road Junction, Manipal Hospital, Bellandur, Bangalore-560102, have changed my name to MANISH PANDE, vide affidavit dated:20-07-2022, sworn before Notary, A.S.Narayana Reddy, Bangalore.

I, NIVEDITA TIWARI, W/o, Alok Tiwari residing at CG46, Ittina Neela Apartment, Andapura, Electronic City, Bangalore 560100 have changed my name to NIVEDITA PANDEY vide affidavit dated 20/07/2022 sworn before notary B V Nagabhushana, Bangalore.

WE, Manjunath.C and Shwetha.S R/o #51, Shrikrupa, 3rd cross, SBM colony, Mathikere, Bengaluru 560054 have changed our 14 years old minor daughter name RUHIKA M to RUHIKA M REDDY affidavit Dt.20/07/2022 sworn before notary K.V Mani, Bengaluru

WE, Manjunath.C and Shwetha.S R/o #51, Shrikrupa, 3rd cross, SBM colony, Mathikere, Bengaluru 560054 have changed our 10 years old minor son name SHAMITH M to SHAMITH M REDDY affidavit Dt.20/07/2022 sworn before notary K.V Mani, Bengaluru

I, CHANDRA SHEKAR. B aged about 26 Years, R/at No.22, 15th Main, 4th Sector, HSR Layout, Bangalore- 560102, have changed my name to CHANDRA SHEKHAR.B vide affidavit dated: 20/7/2022 Before Notary M.K.Devaki Bangalore.

I, Sushil S/o Hemalata Arunkumar Bhoomaraddi R/o F-007, Temple trees apt, Kanakapura Rd, Jp Nagar 6th phase, B'luru 560078 have changed my name to SUSHIL ARUN BHOOMARADDI affidavit Dt.20/07/2022 notary K.V Mani, B'luru

I, Nisha Jayeshbhai Padariya W/o Pankajkumar Dholariya R/@ 303, S2homes aavantika, Sompura gate, Sarjapura road 562125 have Changed my name to Nishaben Pankajkumar Dholariya. affidavit Dt.20/07/2022 notary A R Muneer Ahmed, B'luru

I Vijayakumar S/o Veerabhadrappa Kudri R/o # No 308,Nagendra Block 7th Main, BSK 1st Stage, B'luru 560050 have changed my name to Vijaykumar Veerbhadrappa Kudari S/o Veerbhadrappa Kudari for all Purposes.

I, Manjula Patil W/o Mahantesh Goture R/o 6083, Prestige Bagamane Temple Bells, Javaregowda Nagar, RR Nagar, Bengaluru - 560098, Karnataka have changed my name to Manjula Mahantesh Goture for all purposes.

I Sridevi Arunachalam W/O, Arunachalam Gopal R/o N0-995,srinivas House, ramamurthy Road, near Zion Hospital, kammanahalli, bengaluru-560084 have changed my name to Sridevi Venkatesan for all purposes.

I K Sunil S/O, K Subramanyam R/o #152 6th Cross 2nd Main Kakatiya Nagar Ittumadu Banashankari 3rd Stage Bangalore -560085 have changed my name to Kolluru Sunil for all purposes.

I, Anjaneya M.B.R/o 10/3, 1st Main,4th Cross, Deepanjali nagar,Mysore Road,Bangalore-560 026 Have Changed My Name to Anjaneya Reddy for All Purposes, Notary Affidavit 30/12/2021.

I, Ravikumara K V Residing at No.327, 2nd Floor, 12th Cross, 2nd Phase, 1st Stage Manjunathnagar, Rajajinagar, Bangalore-560010 have changed my name to RAVIKUMAR K V vide affidavit dated 20.07.2022 Sworn before notary R.Raghunath Rao, Bangalore

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Their dreams of a new home left hanging

Y Maheswara Reddy
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Eleven home buyers on July 17 filed an FIR with the Halasuru police against promoters and directors of Ozone Urbana and several financial institutions associated with the promoter.

The home buyers complained that the promoter cheated them by entering into an agreement to sell flats under different Ponzi schemes like buy-back scheme, subvention scheme, 2X scheme etc. The housing project was supposed to come up at Kannamangala and Poojanahalli villages of Devanahalli taluk in Bengaluru Rural District.

They complained that flat bookings started in 2015-17 and the construction was not completed as per the committed timeline. They alleged that the promoter received 95 per cent of money from them but failed to complete the construction and deliver the flats as promised. "As per the agreement, the builder is supposed to handover the flats within three years but failed to do so even after three years of the deadline," they said in the complaint to Halasuru Police.

They said that the builder has received around Rs 80 crore from the home buyers but delayed construction for his own interest.

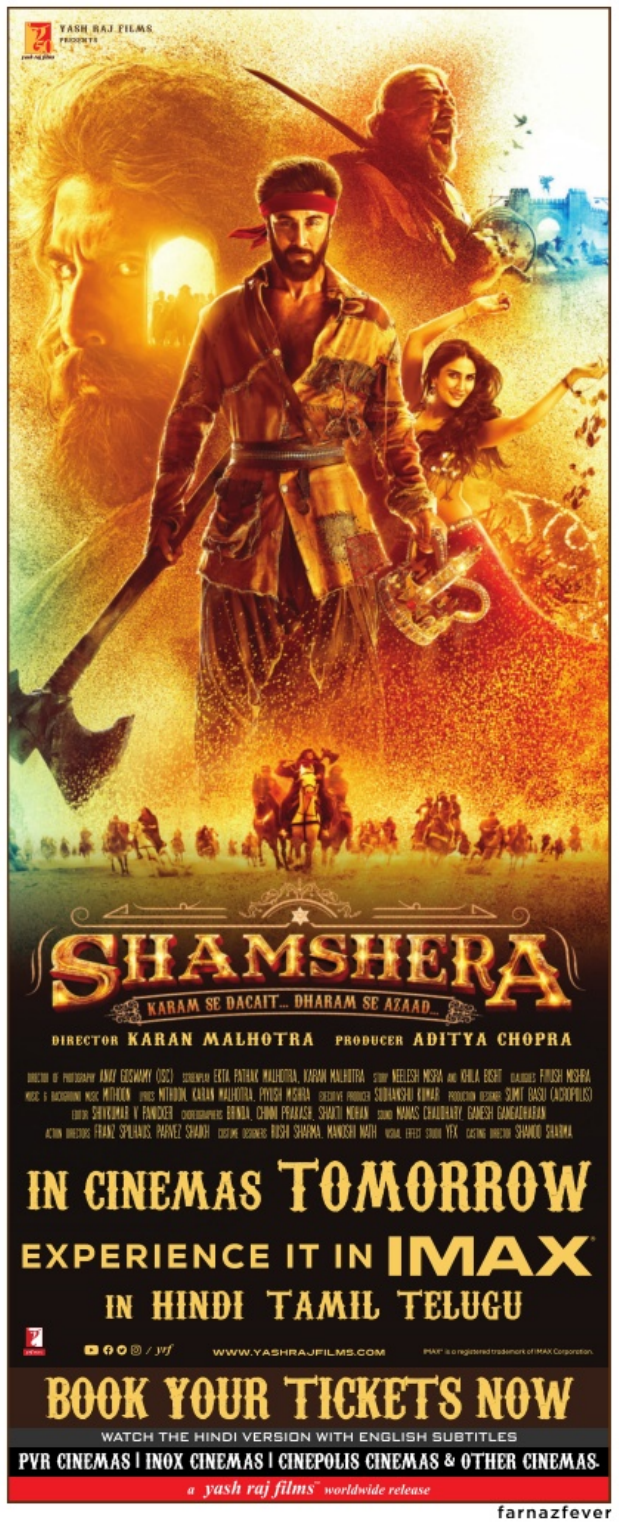
Bipul Bhattacharya, one of the home buyers, said, "I was supposed to get possession of the flat in 2019. The bank disbursed Rs 40 lakh to addition to my 10 per cent down payment. No due diligence and disbursed money without my approval/consent."

He said that he was under a subvention scheme where the builder has to pay PEMI (paying EMI on principal) till possession

Home buyers say that construction is yet to be finished despite them paying 95% of the money

but the builder stopped paying it from January 2020. "Banks disbursed money without any verification and later chasing us for payments, sending notices, filing criminal cases. We went to the High Court and got interim stay for PEMI," he said.

"Due to RERA failure, we are seeing more and more builders cheating home buyers, and the government needs to take action," said Dhananjaya Padmanabhachar, Sanchalak, Karnataka Home Buyers Forum.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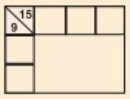
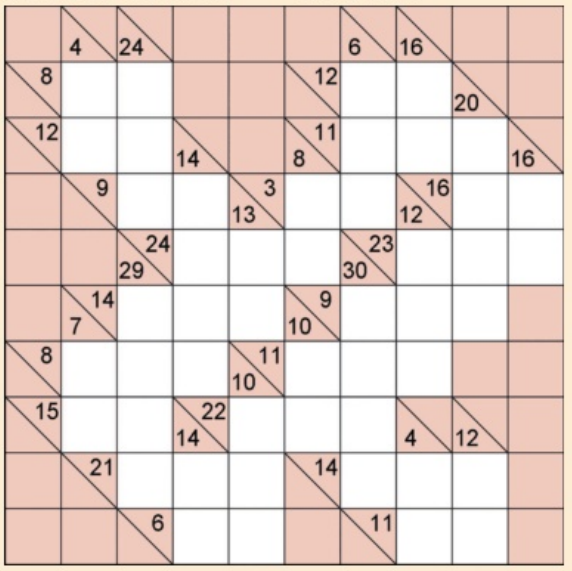
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

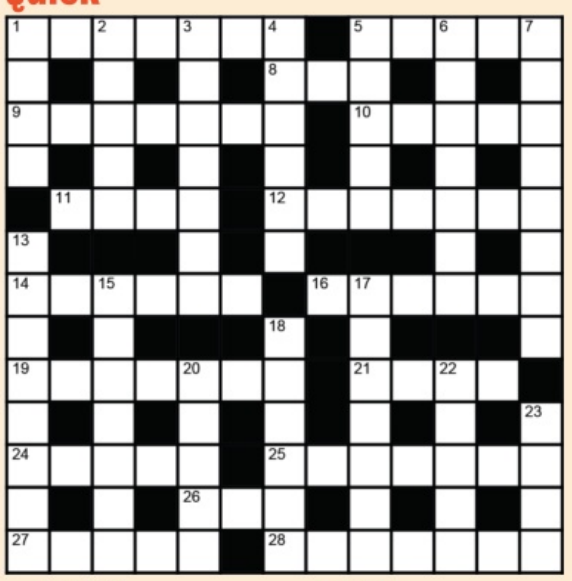


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Vast Russian region (7)
5 Machine for turning (5)
8 Greek letter (3)
9 Engaged in indemnification on contract? (7)
10 Icy or cold–"glide" anagram? (5)
11 Predicate part (4)
12 Reveal (7)
14 Has a row (6)
16 Like a hoof (6)
19 Malice (3-4)
21 Acquires or procures (4)
24 Beach near Udupi (5)
25 Type of bat (7)
26 Great respect (3)
27 Portals or gates (5)
28 Temporarily put a stop to (7)

DOWN

1 Hop lightly (4)
2 Moisten (5)
3 A type of cheese dish–"rib tear" anagram? (7)
4 Fervour; zeal (6)
5 Rationale or reasoning (5)
6 Israel port city (3,4)
7 Suffering or bearing (8)
13 Declared (8)
15 Renaissance astronomer (7)
17 Pod vegetables (7)
18 Hand coverings (6)
20 Notions (5)
22 Commonplace (5)
23 Join tightly (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: X EQUALS G

BE DYO AYL'F PBRJ WLDFNBLX DYO PBRJ HMHL QYPH.

Linemaro

Here's a rose (one) for every time I love you. I loved you once and never stopped

Mindchow

Forgiveness is a funny thing. It warms the heart and cools the sting

Joke of the day

He's not a complete idiot, some parts are missing

Loop

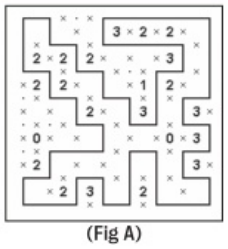
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

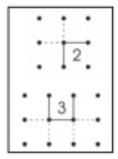
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

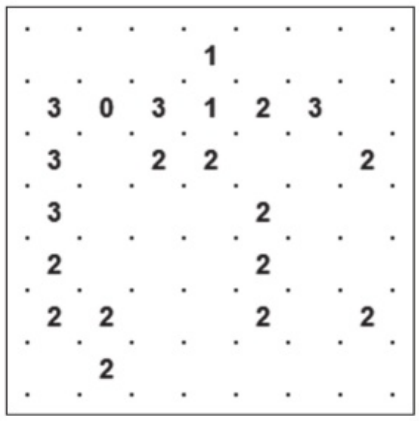
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



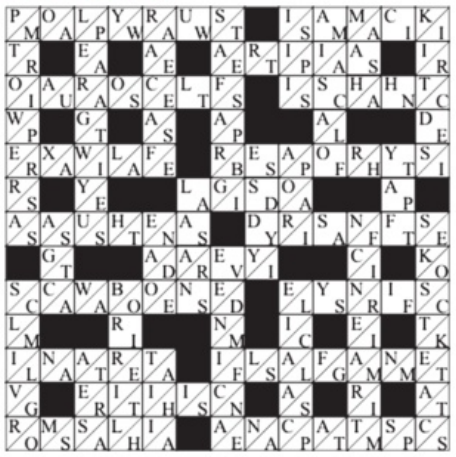
(Fig A)



(Fig B) Not Allowed



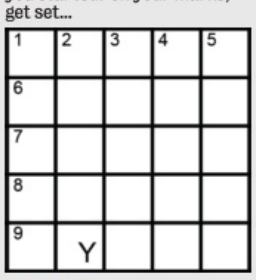
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

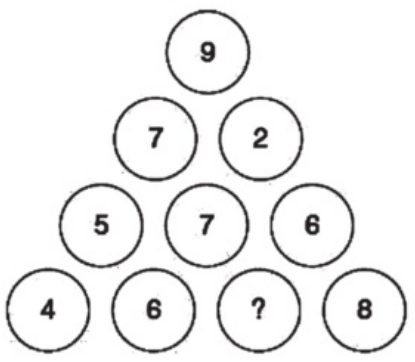
1 VC has; 6 Aimer; 7 Ed Poe; 8 Dupes; 9 Troys

DOWN

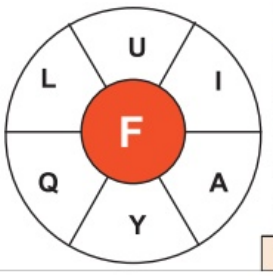
1 Certs; 2 Hay PP; 3 Ma our; 4 Do Vie; 5 See SD

Mensapuzzle

What number should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; **02** Good; **03** Outstanding

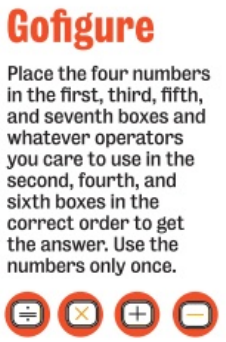
SudokuChallenge

	1	7						
			7			2		4
	5			1	8			9
		2	4		5		6	
		4				9		
	3		1		6	8		
7			3	4			8	
9		6			2			
						7	9	

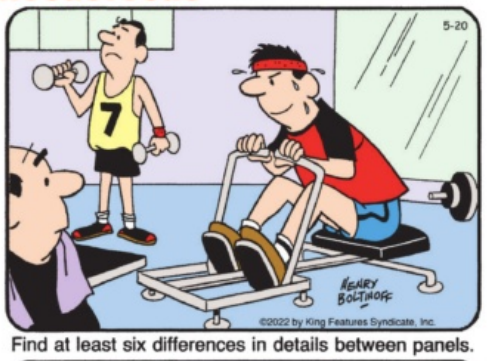
To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

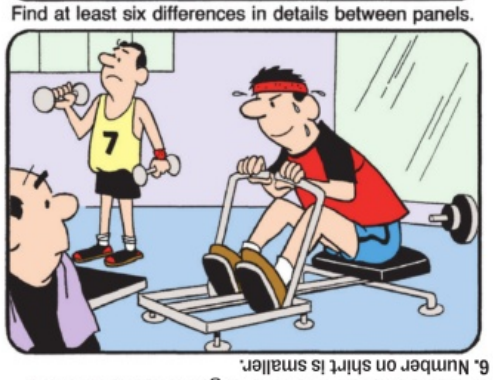
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus



Find at least six differences in details between panels.



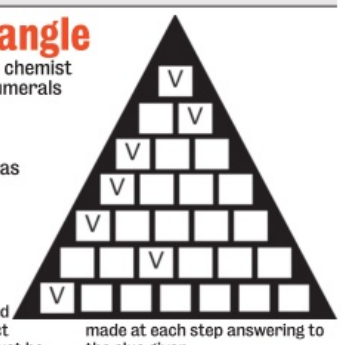
Differences: 1. Stripe on sock is missing. 2. Foot is moved. 3. Nose is smaller. 4. Towel is longer. 5. Hair is different. 6. Number on shirt is smaller.

Riddler

After a long day of work, I was relieved. I had been working since 4 pm in a circuitry lab, working on the next big project. I observed the sun just starting to descend as I started to walk out to my car. All of a sudden, however, I had an urge to sneeze furiously! If it's the middle of January on a windy day, what's happening here?

Alpha triangle

1 Vanadium for the chemist
2 Four in Roman numerals
3 Contest
4 Lode
5 Creepers
6 Concluding stanzas
7 Deer meat



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

THE CHIEF SAID HE CAN'T TAKE YOU OFF SMOKE-SIGNAL DUTY YET
COFF
BUT HE DID SEND YOU THIS
5-7
FUNNY...HE DIDN'T EVEN SAY THANKS FOR THAT EXTRA RATION OF TOBACCO
CHOKE
HACK

Bizarrotrip

Diamond Lil

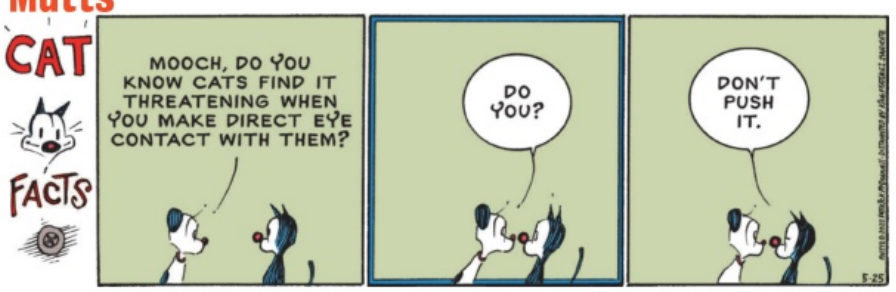
Hart of the city

ONCE THE GHOST REVEALS ITSELF, WE CAN USE CHARLOTTE'S OUIJA BOARD TO FIGURE OUT THE GHOST'S UNFINISHED BUSINESS.
PERFECT.
GREAT PLAN, DEAN!
WAIT, CHARLOTTE'S OUIJA BOARD DIDN'T EVEN WORK THE LAST TI—
YES, CHARLOTTE, THIS IS A GREAT PLAN. NOTHING CAN GO WRONG!

Crankshaft

AND SO IT APPEARS THAT ED CRANKSHAFT'S BACKYARD GRILL, LAUNCHED ON SEPTEMBER 11, 2018...
WILL EVENTUALLY JOIN VOYAGERS 1 AND 2, PIONEERS 10 AND 11, AND NEW HORIZONS AS THE ONLY SPACECRAFT FROM EARTH TO LEAVE THE SOLAR SYSTEM!
S-14
DO YOU HAVE ANY COMMENT, MR. CRANKSHAFT?
ONE SMALL BACKYARD GRILL FOR MAN...
BATIUK & DAVIS

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may feel detached from your responsibilities. You could also spend more on purchasing worthless items, which may increase negativity in the house or office. You are advised to keep an eye on your opponents and rivals, otherwise you may be a victim of conspiracy. it is advised to read documents carefully before putting your signature.

Taurus Apr 21 – May 20
You are blessed by elders today and your patience is very good. Your focus towards your work may be improved. Parent's health should be good now. You are likely to spend your time with your elders. You may also meet some influential person who can help you on the professional front. You may also enjoy romantic moments which could increase harmony in your domestic life.

Gemini May 21 – Jun 21
Today you may feel spiritual and help needy people around you. You could also plan to donate to charity. Your good karma may help you get success in difficult projects. You may feel some divine power around you, which may help in unpredictable situations. You may be attracted to the occult. Students are likely to enjoy studying in-depth.

Cancer Jun 22 – July 23
You may be happy and spread happiness around you today. You may see harmony in your domestic life. You will enjoy some romantic moments with your spouse. Your family may support you while making some important decisions on the professional front. You may expect some new ventures or partnerships in business.

Leo Jul 24 – Aug 23
Today you may feel dull and be a victim of hidden fears that can scare you. You are not in a situation to trust anyone. It is advised to do meditation or chant some prayers to help yourself to come out from this situation. With the help of elders, around late evening, you may come out from this mess.

Virgo Aug 24 – Sep 23
Today the positive moon will make you happy. You may use your patience at every stage. Your performance may be good at work and you may get some incentives in terms of rewards. Health-related issues of family members will be resolved now. Job seekers are likely to get suitable work in their domain. Lovebirds may enjoy dates.

Libra Sep 24 – Oct 22
Today you may have mixed situations around you. it is advised to not expect much from anyone around you, it can make you disappointed. You may be in a self-exploration and self-analysis mood, which can allow you to filter yourself. After the filtration process, you may feel confident and able to accept challenges.

Scorpio Oct 23 – Nov 22
Today you may plan for a change in place, but it is advised to postpone decisions related to migration. It is also advised to avoid investment in business. By the late evening, situations may be under control. With good advice from one of your elders, you may control the mess.

Sagittarius Nov 23 – Dec 22
Expect some short business trips lined up for you. You can also expect some rewards for your success at work. Your respect around you may be increased. You may hear some good news from siblings. Job seekers who are seeking management jobs may find success. Singles are likely to get engaged.

Capricorn Dec 23 – Jan 20
Today is a good day as you are blessed by Jupiter. Your wisdom may help you come out of difficult situations. You may also help needy people. You can give your opinion to your family or friends, which may increase your prestige among them. You may have some differences of opinions with your spouse, which may impact your domestic life.

Aquarius Jan 21 – Feb 19
You may be a victim of mood swings today. You may feel dull and your health could be poor. It can affect your day-to-day routine. You are advised to avoid rash driving and adventure tours. Today you may also spend on worthless items, which can affect your financial health.

Pisces Feb 20 – Mar 20
Today, blessings from elders may make you happy. Your investments can bring you profits. Losses are converted to gains now. Your savings may boost your bank balance. You may plan to invest in your children's future. You could also enjoy some delicious food at home.

KIDZONE

Keerthan Gowda J, 11 Years, SES English School

Karthik, 10 Years, SES English School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER I have what's called the photic sneeze reflex. A few people have this quality which makes them sneeze when they are subjected to bright light, like the sun... especially if they are just coming from a darker room or place. About 20–25% of people have the photic sneeze reflex. The funny thing is it's difficult to monitor who has it and who doesn't... because all people who have this reflex tend to assume that all people have it and those who don't have it don't recognize this as a possibility!

FAST FIVE

				S
			C	E
			H	A
			A	M
			V	I
			S	E

STRIKE OUT

P	A	P	Y	R	U	S	S	M	A	C	K			
R	A	E	A	R	I	A	S	I						
O	U	R	S	E	L	F		S	C	A	N	T		
W	T	S	A		A	M		E						
E	X	I	L	E		R	E	P	O	R	T	S		
S	E		A	I	D	A		A						
S	A	S	H	E	S		D	R	A	F	T	S		
S	A	W	B	O	N	E		L	Y	R	I	C		
	G			D	A	V	Y		I		O			
L		I		N		I		E		K				
I	N	T	R	A		I	L	L	P	A	M	E		
G		E	T	H	I	C		A		R		T		
O	M	A	H	A		E	N	C	A	M	P	S		

QUICK

S	I	B	E	R	I	A		L	A	T	H	E		
K	A		A		R	H	O		E		N			
I	N	S	U	R	E	D		G	E	L	I	D		
P		T		E		O		I		A		U		
	V	E	R	B		U	N	C	O	V	E	R		
F	I	G	H	T	S		C	L	O	V	E	N		
		A		I		R			I					
I	L	L	W	I	L	L		G	E	T	S			
R		I		D		O		U		R		W		
	F		A			G		E				G		
M	A	L	P	E		V	A	M	P	I	R	E		
E		E		A	W	E		E	T		L			
9	8	6		5	7	2		4	3	1				
7	2	1		3	4	9		5	8	6				
5	3	9		1	2	6		8	4	7				
1	6	4		8	3	7		9	2	5				
8	7	2		4	9	5		1	6	3				
3	4	5		6	8	1		7	9	2				

SUDOKU

2	1	7	9	6	4	3	5	8
6	9	8	7	5	3	2	1	4
4	5	3	2	1	8	6	7	9
8	7	2	4	9	5	1	6	3
1	6	4	8	3	7	9	2	5
5	3	9	1	2	6	8	4	7
7	2	1	3	4	9	5	8	6
9	8	6	5	7	2	4	3	1
3	4	5	6	8	1	7	9	2

MENSA PUZZLE
0: looking at lines of numbers from the top: 9 × 8 = 72; 72 × 8 = 576; 576 × 8 = 4608;
−48+24−6=−30

SOLVE IN 1M
If you don't risk anything you risk even more.

QUOTE UNCODE
fail, flay, QUALIFY

BULL'S EYE

GO FIGURE
Easy
3 − 6 − 2 + 6 = 1
Medium
9 − 6 − 2 × 5 = 5
Hard
8 + 2 + 2 / 6 = 2

ALPHA TRIANGLE
V, IV, Vie, Vein, Vines, Envois, Venison.

LOOP

KAKURO

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HEALTH TIP: Using coffee to exfoliate your skin can help reduce cellulite and inflammation

Consuming avocado helps to lower cholesterol and improves your heart health

DEFEATING DEMENTIA

Find how your status, where you live and your family background affect your risk of dementia

By the year 2050, the World Health Organization estimates one in five people will be aged 60 years and above. A rapidly ageing population means that without a substantial medical breakthrough, the number of people living with dementia is expected to double from 487,600 in 2022 to 1.1 million by 2058.

Significant effort has gone into understanding what increases the risk of dementia. Here, we consider research into three factors – your socio-economic status, where you live, and your background – and how they may influence dementia risk.

How your socio-economic status affects your dementia risk

When assessing socioeconomic status, researchers typically look at a combination of your income, years of education and occupation. Socioeconomic status refers to your ability to access resources such as health, information and services.

Socioeconomic status has been closely linked to a range of health disorders, and dementia is no exception. Studies across multiple countries have shown people with higher economic status are less likely to develop dementia.

This is unsurprising. People with high socioeconomic status are more likely to have the financial resources to access better healthcare, better education and better nutrition. They are also more likely to live in areas with more services that enable a healthy lifestyle.

Where you live

My research team and others have shown neighbourhood socioeconomic status – an index that integrates a neighbourhood's average household income, unemployment rates, occupational skills and housing arrangements, among others, is associated with poorer memory and higher dementia risk.

Understanding this is complex. A wide range of economic, social and environmental factors can influence the way we behave, which can influence our health.

Studies suggest communities can support dementia risk reduction in three main ways.

The first is through encouraging social participation and inclusion. This can be achieved through programs that increase digital and technological literacy, social housing (which offers greater opportunity for socialisation) and neighbourhood assistance.

The second is through increasing proximity and access, particularly to health care, and social and cultural events.

The third is through improving recreational and well-being facilities, including emphasising traffic safety and increasing walkability and access to urban green spaces to encourage outdoor physical activity.

> "Without a medical breakthrough, the number of people living with dementia is expected to double from 487,600 to 1.1 million by 2058

Your background

Several studies suggest parental education is related to an individual's dementia risk. Specifically, low maternal education is associated with poorer memory performance and higher dementia risk. However, these effects are small, and adult education and socioeconomic status may overcome these disadvantages.

Current evidence also suggests migrants from Africa and Asia (into Europe) have a higher dementia risk compared with native Europeans. However, the prevalence of dementia in African and Asian countries is not higher than in European countries. Rather, we do see a similarly elevated risk of dementia in culturally and linguistically diverse groups of people who are non-migrants.

Part of this is due to the reduced access to high-quality education, healthcare, and health information in these groups. For migrants, there is the additional challenge of navigating health systems in their non-native language.

Another important part to consider is the potential bias in the tools we have to assess memory and thinking abilities. These tests have been developed primarily in English, for use in European countries. Being tested in a second language may lead to poorer performance that is not a reflection of true cognitive ability, but rather a reflection of a reduced mastery of English.

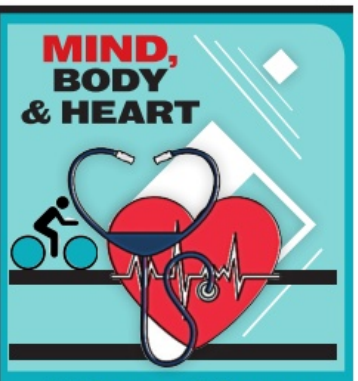
This is why it is so important we conduct more research to understand dementia and its risk factors in culturally and linguistically diverse populations, using tools that are appropriate and validated for these groups.

Addressing dementia needs a life-long approach

Undoubtedly, your pay, postcode and parents are highly interrelated. Your future income is highly related to your parents' level of income. Your postcode can be determined by your pay. The cyclical nature of wealth – or rather, inequality – is part of the reason why addressing health disparities is so challenging.

Studies on social mobility – the ability of individuals to move from one socioeconomic class to another – have shown that upward mobility may only partially compensate for disadvantages earlier in life. This really brings home the message that addressing dementia risk requires a lifelong approach. And that intervention is needed at an individual and a broader societal level.

—The Conversation



All problems solved

Dear Coleen

I've been with my fiance for five years and love him with all my heart. He's gorgeous, caring, really good around the house, smart, funny - the list goes on.
He's also got a really high sex drive and I never feel like having sex as much as he does.
I feel guilty about this because I know how lucky I am to have him.
I'm quite self-conscious about my figure and think this could be part of it.
I'm very curvy, but I'm on medication, which means it's difficult to lose weight.
He's never complained about our sex life, but I'm sure he worries about it if I don't seem into it.
What should I do?

COLEEN SAYS

You lucky lady! But, look, he's very lucky to have you, too.
I think you're suffering from a lack of confidence and belief in yourself. But you've got this great guy who loves you so much he's asked you to marry him (plus he clearly loves having sex with you), so if that isn't a confidence booster, then I don't know what is.
He loves you for who you are – your mind, your heart and your body. It might be worth talking to your GP about your medication and if it's possible to change or adjust it – as well as making you gain weight, it could also be affecting your libido.
Also, it's OK to admit to your fiance that you struggle a bit with self-confidence and I'm certain he'll reassure you and make you feel great.
But I think it's important to work on yourself, too, and appreciate your wonderful qualities.
Try not to let these insecurities overwhelm you, so you don't make the most of this amazing time in your life.
—Coleen Nolan, Daily Mirror